

DR. O'BRYAN'S AUTOIMMUNE FIX RECIPES

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DR. O'BRYAN'S AUTOIMMUNE FIX RECIPES

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SMOOTHIES

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GUT-HEALING SMOOTHIE

Yield: 2 servings



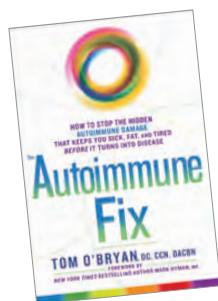
Blueberries not only have antioxidant properties that are remarkable at protecting your brain (consuming 1 cup of blueberries per day for 3 years gets your brain working as well as it did 11 years earlier), but they also contain compounds that increase beneficial bacteria in the gut. Bananas are high in pectin, which helps to normalize movements of the large intestine.

Look for gelatin powders from pastured animals, such as those by Great Lakes Gelatin Company or Vital Proteins.

- 1 ½ cups water
- ½ cup coconut milk
- 2 frozen bananas
- 1 cup frozen blueberries
- 2 tablespoons ground flaxseeds
- 1 tablespoon unflavored gelatin powder
- 1 tablespoon high-quality fish oil
- 1 teaspoon ground cinnamon
- 1–2 scoops L-glutamine powder (optional)

In a blender, combine the water, coconut milk, bananas, blueberries, flaxseeds, gelatin powder, fish oil, cinnamon, and L-glutamine powder (if using). Blend until smooth.

Add more water for a thinner smoothie, if desired. Serve immediately or pour into ice-pop molds and freeze for a sweet treat later on.





SUPER-ANTIOXIDANT GREEN SMOOTHIE

Yield: 2 servings



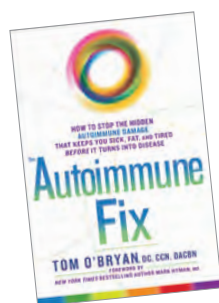
This smoothie is packed with anti-inflammatory antioxidants. You can vary the fruits and vegetables. Try wild blueberries in place of the raspberries; chopped fresh pears in place of the pineapple; or a whole, peeled orange in place of the cranberries. Use any type of greens—collards, bok choy, kale, dandelion greens, fresh spring nettles, or spinach. Stay away from FODMAP fruits and vegetables if you have abdominal complaints.

If you don't own a high-powdered blender—such as a Vitamix or Blentec—then be sure to use young, tender baby greens so they will blend well in the smoothie.

- 2 frozen bananas
- 1 cup chopped pineapple (fresh or frozen)
- 1 cup raspberries (fresh or frozen)
- ¼ cup frozen cranberries
- 2 cups water
- 2–3 cups firmly packed greens (baby kale, spinach, and bok choy)

In a blender, combine the bananas, pineapple, raspberries, cranberries, and water. Blend until smooth. Add the greens and blend again until very smooth.

Serve immediately or store in a glass jar in the refrigerator for up to 1 day.





BREAKFAST

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GLUTEN-FREE SANDWICH BREAD

Yield: 1 loaf

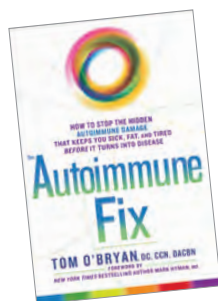


This delicious gluten-free bread loaf is perfect for making sandwiches or for breakfast toast. The dough can be separated into smaller portions to make individual dinner rolls.

- 2 cups warm water (105°–110°F)
- 2 ¼ teaspoons (1 package) active dry yeast
- 1 tablespoon pure maple syrup
- 1 tablespoon extra-virgin olive oil or avocado oil
- ⅓ cup whole psyllium husks (see Note)
- 2 ¼ cups brown rice flour
- ¾ cup tapioca flour
- ½ cup blanched almond flour
- ¾ cup potato starch
- 1 ½ teaspoons sea salt

1. In a 4-cup glass measuring cup, whisk together the warm water, yeast, and maple syrup. Let rest for 3 to 5 minutes, or until foamy and bubbly. Whisk in the oil and psyllium husks. Let rest for no more than 1 to 2 minutes.
2. While the yeast is proofing, in a large mixing bowl, whisk together the flours, potato starch, and salt. Pour the yeast mixture into the flour mixture and stir with a wooden spoon to incorporate. Continue incorporating the ingredients by kneading the dough with your hands in the mixing bowl or on a floured surface until well mixed together.
3. Grease an 8½" × 4½" glass bread pan with olive oil or coconut oil. Form the dough into a log shape and place in the pan. Cover with a damp cloth or a piece of parchment paper. Set in a warm spot or place the bread pan in a larger (such as a 13" × 9") pan of hot water. Let the bread rise for about 60 minutes.
4. Preheat the oven to 400°F. Bake the bread for 50 to 55 minutes, or until a wooden pick inserted in the center comes out clean. Let cool in the pan on a rack for a few minutes, then gently release the bread from the pan and cool on the rack. Slice as needed.

NOTE: You can buy psyllium husks on the Internet or at a local health food store.





COCONUT-RASPBERRY PANCAKES

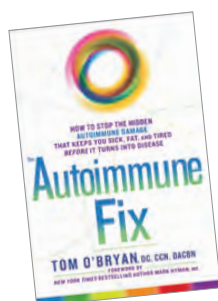
Yield: 5 small pancakes



This grain-free recipe uses a mixture of coconut flour and arrowroot to replace traditional flour. The pancakes are easy to make and very flavorful.

- ¼ cup coconut flour
- ¼ cup arrowroot powder or tapioca flour
- 1 teaspoon gluten-free baking powder
- ⅛ teaspoon sea salt
- 3 large organic eggs
- 2–3 tablespoons organic coconut milk
- 2–3 teaspoons pure maple syrup
- ⅓ cup raspberries, lightly mashed (fresh is preferred)
- Coconut oil, for cooking

1. Heat a 10" cast-iron skillet over medium low heat.
2. In a small mixing bowl, whisk together the coconut flour, arrowroot powder or tapioca flour, baking powder, and salt. In a separate bowl, whisk together the eggs, coconut milk, maple syrup, and raspberries. Pour the egg mixture into the flour mixture and whisk together. The mixture will seem thin at first. Let rest for a minute to thicken.
3. Add a few teaspoons of coconut oil to the preheated skillet. Drop the batter into the hot skillet by the quarter cup. Cook for about 90 seconds on each side.





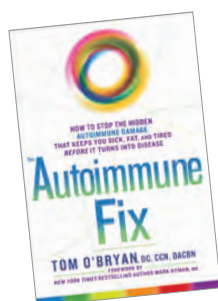
GARDEN VEGETABLE FRITTATA

Yield: 4 servings



Eating a hearty, high-protein breakfast rich in vegetables will help curb sugar cravings later in the day. You can easily reheat a piece of frittata by placing it in a small skillet with a few tablespoons of water, or you can enjoy eating it cold or at room temperature. I suggest topping each slice with a spoonful of organic salsa. Serve with a small green salad or a few spoonfuls of Pickled Vegetables.

- | | |
|---|--|
| <ul style="list-style-type: none">1 tablespoon extra-virgin olive oil½ cup finely chopped onion½ teaspoon sea salt2 cups chopped broccoli florets1 cup finely chopped red bell pepper2 cups finely chopped kale¼ cup finely chopped fresh basil6 large pastured eggs, whisked Freshly ground black pepper | <ul style="list-style-type: none">1. Preheat the oven to 375°F.2. Heat a deep 10" cast-iron skillet over medium heat. Add the oil, onion, and salt and cook for 5 minutes. Add the broccoli and bell pepper and cook for 5 to 7 minutes. Stir in the kale and basil, then pour in the eggs. Season with black pepper.3. Place the skillet in the oven and bake for 20 minutes, or until the frittata is lightly browned. Slice into wedges and serve. Store leftover frittata in a covered glass container in the refrigerator for up to a week. |
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ITALIAN CHICKEN BREAKFAST SAUSAGES

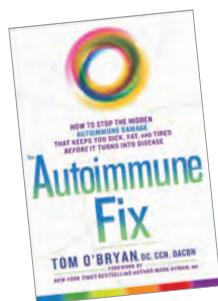
Yield: 8 patties



These delicious sausage patties are packed with nutrients such as vitamin A, vitamin D, zinc, iron, and B vitamins. Serve with sautéed kale or the Super-Antioxidant Green Smoothie for an energizing breakfast.

- 1 ½ pounds organic boneless, skinless chicken thighs
- ¼–½ cup organic raw chicken livers
- ¼ cup chopped fresh chives or scallions
- 2 tablespoons chopped fresh sage leaves
- 1 tablespoon Italian seasoning
- 2 teaspoons fennel seeds
- 1 teaspoon garlic powder
- 1 teaspoon sea salt
- 2–3 tablespoons olive oil

1. In a food processor fitted with the standard S blade, combine the chicken thighs, livers, chives or scallions, sage, Italian seasoning, fennel seeds, garlic powder, and salt. Process until the mixture is ground and begins to form a ball.
2. Lightly oil a large plate. With oiled hands, form the mixture into 8 equal-size patties and place on the prepared plate.
3. Preheat a 10" cast-iron skillet over medium-low heat for a few minutes. Add about 1 tablespoon of the oil and carefully place 3 or 4 patties into the pan. Cook for 3 to 5 minutes on each side, or until no longer pink. Repeat with the remaining patties. Uncooked patties can be stored between pieces of parchment paper in a container in the freezer for up to 6 months. Cooked patties can be stored in the refrigerator for up to 5 days.





KALE BREAKFAST HASH

Yield: 2 servings

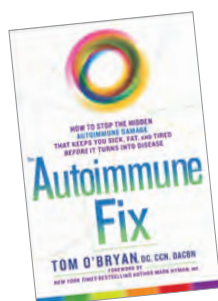


If I make baked potatoes for dinner one night, I cook an additional one or two so I can prepare this quick-and-easy breakfast hash. If you are accustomed to eating a carb-rich breakfast such as bread or cereal in the morning, then this is a great replacement.

If you do not like eggs, substitute some leftover cooked salmon in place of the eggs.

- 2 tablespoons extra-virgin olive oil
- 1 medium whole baked potato, chopped into large pieces
- 2 scallions, thinly sliced
- 2–3 cups finely chopped kale
- 3 large pastured eggs, whisked
- Sea salt and freshly ground black pepper

1. Heat a 12" cast-iron skillet over medium heat. Add the oil, then the potato. Season to taste with salt and pepper. Cook for a few minutes, until the potato pieces brown on all sides, then add the scallions and kale. Cook for a few minutes longer, until the kale is tender.
2. Move the mixture to one side of the pan. Pour the eggs into the other side of the pan and scramble. Once the eggs are cooked, mix them with the potato mixture. Taste and add more salt and pepper, if needed.





SOUPS

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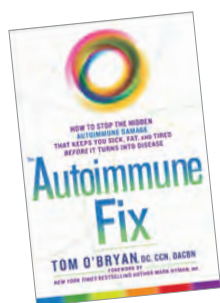
SLOW-COOKER CHICKEN STOCK

Yield: 2 quarts

Phases
1 & 2

Save the bones and skin from a roasted chicken to make a rich, healing stock. There is just no comparison—the flavor of homemade stock is far superior to anything you could buy in a store. Using a slow cooker makes it incredibly easy to prepare homemade stock for soups, stews, or sauce recipes.

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| <ul style="list-style-type: none">1 chicken carcass1 small onion, chopped2 carrots, chopped2 ribs celery, chopped1 bay leafFew sprigs thymeFew sprigs rosemary1–2 teaspoons sea salt2 tablespoons raw apple cider vinegar8–10 cups water | <ul style="list-style-type: none">1. In a 4-quart slow cooker, combine the chicken, onion, carrots, celery, bay leaf, thyme, rosemary, salt, vinegar, and water. Cover and cook on low for 10 to 24 hours.2. Place a colander over a large bowl and pour the stock through to strain. Discard the solids. Use the rich, flavorful stock immediately or pour into glass containers or widemouthed quart jars and freeze for later use. |
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CHICKEN, SQUASH, AND LEEK SOUP

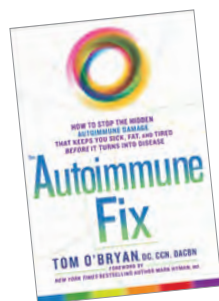
Yield: 4 to 6 servings



If you like a rich, flavorful soup, then begin with a rich, flavorful homemade stock. I suggest using the Slow-Cooker Chicken Stock in this recipe over anything store-bought.

Look for peeled and chopped butternut squash in the freezer section of your local supermarket or health food store. A 10-ounce bag of frozen squash equals about 2 cups. For a fresher flavor, purchase a small butternut squash with a long neck, and peel and chop it yourself—it's really quite simple!

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| 2 | tablespoons extra-virgin olive oil | 1. | Heat the oil in a 4- or 6-quart pot over medium heat. Add the leek and garlic and cook for 4 to 5 minutes, or until the leek softens. Reduce the heat to low if the leek begins to brown. Stir in the stock, squash, chicken, and thyme. Cover and simmer for about 10 minutes, or until the squash is tender. |
| 1 | medium leek, chopped | | |
| 2 | cloves garlic, crushed | | |
| 4 | cups chicken stock | | |
| 2 | cups peeled and chopped butternut squash | | |
| 2 | cups cooked, chopped chicken | | |
| 1–2 | teaspoons dried thyme | | |
| 3–4 | cups finely chopped kale | 2. | Turn off the heat and stir in the kale. Season to taste with salt and pepper. |
| | Sea salt and freshly ground black pepper | | |





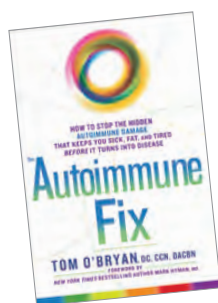
CREAMY CARROT-FENNEL SOUP

Yield: 6 servings



Use the Slow-Cooker Chicken Stock recipe as the base for this soup. When using a fennel bulb in a recipe, simply cut off the green stalks and feathery leaves and use only the white bulb.

- | | |
|--|---|
| <ul style="list-style-type: none">1 tablespoon extra-virgin olive oil½ cup chopped onions6 cups chopped carrots
 (2 pounds)4 cups chopped fennel bulb
 (1 large bulb)6 cups chicken stock1 teaspoon dried thyme½ cup chopped fresh chives½ cup chopped fresh dill or parsley Sea salt | <ul style="list-style-type: none">1. Heat a 6-quart pot over medium heat. Add the oil and onions and cook for 5 minutes. Stir in the carrots, fennel, stock, and thyme. Cover and simmer for 30 to 35 minutes. Use an immersion blender to puree the soup in the pot, or pour it into a blender and puree in batches, covering the blender top with a towel in case the hot liquid splatters.2. Return the soup to the pot and stir in the chives and dill or parsley. Add salt to taste. Serve immediately. Store leftover soup in a glass jar in your refrigerator for up to 1 week. |
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HEARTY BEEF AND MUSHROOM STEW

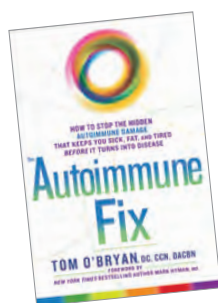
Yield: 6 servings



Serve this beef stew over cooked white or brown rice (Phase 1 only), and top it with a few spoonfuls of sauerkraut. The Transition Protocol allows cooked alcohol only. When you cook with wine, the alcohol evaporates and you are left with an acid that adds good flavor. For more information about alcohol consumption and a leaky gut, check out this online link: thepaleomom.com/2012/11/the-whys-behind-the-autoimmune-protocol-alcohol.html.

- 2 pounds grass-fed, organic beef stew meat
- 1 medium onion, chopped
- 2 cups chopped carrots
- 2 cups chopped and peeled rutabagas
- 3 cups chopped button mushrooms
- 1 tablespoon dried thyme
- 2 teaspoons sea salt
- 1½ cups water or Vital Choice organic beef bone broth
- ¾ cup organic red wine
- 3 tablespoons arrowroot powder
- 1–2 cups chopped kale
- ½ cup chopped fresh parsley

1. In a slow cooker, combine the stew meat, onion, carrots, rutabagas, mushrooms, thyme, and salt. In a small bowl, whisk together the water or broth, wine, and arrowroot powder and add to the slow cooker.
2. Cook on low for 8 hours or on high for 4 to 5 hours. Stir in the kale and parsley and cook for a few minutes. Taste and adjust the salt and seasonings, if desired. Store leftover stew in a covered glass container for up to a week or freeze in portion-size containers for up to 6 months.





HEARTY GARDEN VEGETABLE AND BEAN SOUP

Yield: 6 servings

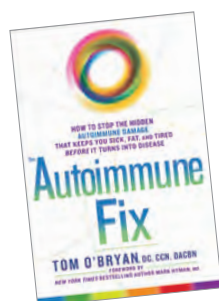


The fiber found in vegetables and beans helps to feed beneficial bacteria in your gut. Serve this soup with a large green salad to boost healing. If you'd like to try this soup in Phase 2, omit the tomatoes and potatoes—as well as the beans if you have abdominal complaints.

Any type of cooked white bean will work in this recipe—try great Northern beans, navy, or cannellini. I've also used cooked chickpeas with great results. If you do not want to soak and cook your own beans, then substitute canned organic beans. Look for purveyors like Eden Foods who do not use BPA in their can linings.

- 2 tablespoons extra-virgin olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, crushed
- 2 cups finely chopped yellow or red potatoes
- 1 ½ cups finely chopped celery
- 1 ½ cups chopped green beans
- 1–1 ½ cups diced roma tomatoes
- 1 ½ cups cooked white beans
- 4–6 cups chicken stock
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 2 cups chopped kale
- ½ cup chopped fresh parsley
- ½ cup chopped fresh basil
- Sea salt and freshly ground black pepper

1. Heat the oil in a 4- or 6-quart pot over medium heat. Add the onion and garlic and cook for 5 minutes, or until softened. Stir in the potatoes, celery, green beans, tomatoes, white beans, chicken stock, thyme, and oregano. Cover and cook for 10 to 15 minutes, or until the vegetables are tender.
2. Stir in the kale, parsley, and basil and simmer for a few minutes longer. Season to taste with salt and pepper. Serve immediately. Store leftover soup in glass quart jars and reheat as needed. Soup will last up to a week in the refrigerator.





THAI COCONUT FISH SOUP

Yield: 4 servings

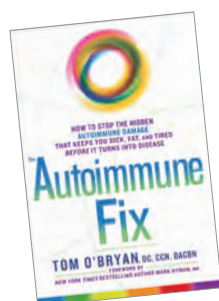


Serve this warming and nourishing soup with a scoop of cooked white or brown rice and a few spoonfuls of fermented veggies such as kimchi. I like to use a mild-tasting Pacific-caught white fish such as halibut, black cod, or rockfish. Ask your fishmonger to skin the fillets when you purchase them at the market.

Gold Mine is an excellent brand of naturally fermented raw kimchi and sauerkraut.

- 1 tablespoon virgin coconut oil
- ½ medium onion, sliced
- 2 cloves garlic, crushed
- 1 red bell pepper, cut into matchsticks
- 2–3 carrots, cut into matchsticks
- 1 can (13.5 ounces) organic coconut milk
- 1 cup chicken stock
- 1–2 tablespoons sugar-free, gluten-free fish sauce
- 1–1 ½ pounds wild mildflavored fish, pin bones removed, skinned, and chopped
- ¼ cup chopped fresh holy or sweet basil
- ¼ cup finely chopped fresh cilantro
- 1 tablespoon freshly squeezed lime juice
- 1–2 Thai chiles, finely chopped, wear plastic gloves when handling (optional)
- Sea salt

1. Heat the oil in a 4-quart pot over medium heat. Add the onion and cook for 5 minutes, or until soft. Stir in the garlic, bell pepper, carrots, coconut milk, stock, and fish sauce. Cover and cook for 5 minutes. Add the fish and cook for 5 minutes, or until the fish is cooked through. Turn off the heat and add the basil, cilantro, lime juice, and salt to taste.
2. Serve over rice. Add Thai chiles to each bowl for extra spice, if desired. Store leftover soup in a tightly sealed glass jar for up to 5 days.





BAKED DELICATA SQUASH WITH CINNAMON

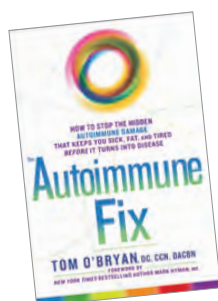
Yield: 4 servings



Delicata squash are a variety of winter squash. They are very sweet and mild flavored—perfect for baking. You can usually find them from September through March at grocery stores or farmers' markets. Serve this recipe with a big salad for lunch or with roasted chicken or fish and a salad for dinner.

- 2 medium delicata squash
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon ground cinnamon
- ¼ teaspoon sea salt

1. Preheat the oven to 400°F. Cut the stem end off each squash, then cut each in half lengthwise. Use a spoon to scrape out the seeds.
2. Place the 4 squash halves skin side down in a glass baking dish. Drizzle the oil evenly over the flesh. Evenly sprinkle on the cinnamon and sea salt.
3. Bake for 40 minutes, or until tender. Scoop out the flesh and mash until smooth. Serve immediately, or store in the refrigerator for up to a week.



SALADS AND VEGETABLES





CHIPOTLE CABBAGE SLAW

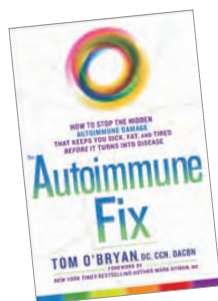
Yield: 6 servings



Serve this colorful, antioxidant-rich slaw as a side dish with the Slow-Cooker Barbecued Chicken, or enjoy it alone as a snack.

- ½ small head red cabbage, thinly sliced
- ½ small head green cabbage, thinly sliced
- 3–4 carrots, grated
- ½ bunch scallions, cut into thin rounds
- 1 recipe Creamy Chipotle-Lime Dressing

In a large bowl, toss together the cabbages, carrots, and scallions. If you plan to eat the entire salad at one meal, then pour the dressing over the salad, toss together, and serve. If you plan on eating only a small portion, then simply dress a serving size portion and store the remaining salad in a loosely covered glass bowl in the refrigerator. Store the dressing separately in a glass jar.





FENNEL AND CABBAGE SALAD

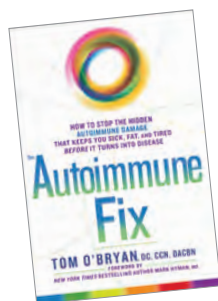
Yield: 6 servings



You can prep this salad and keep it in your refrigerator all week, then take out serving-size portions as needed and add the dressing of your choice. This way, you can easily incorporate more vegetables into your daily routine without a lot of prep time.

- 1 large fennel bulb
- ½ large head red or green cabbage
- 1 cup chopped fresh parsley
- ½ cup thinly sliced scallions or chives
- 1 recipe Citrus-Garlic Dressing

Set up a food processor with the slicing disk. Cut the fennel and cabbage into pieces small enough to fit into the feed tube, then process or thinly slice. Transfer to a large glass bowl and add the parsley and scallions or chives. Toss together. Pour the dressing over the salad and toss again. Store any leftover salad in a large glass container in the refrigerator for up to a week.





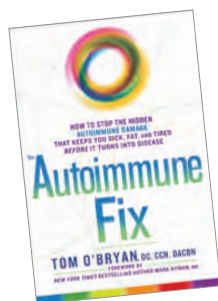
LEMON-CURRY ROASTED CAULIFLOWER

Yield: 4 servings



If you've never had roasted cauliflower before, then you're in for a real treat! My children fight over it, down to the last piece. On movie nights, try roasting a pan full of cauliflower and serving it in a bowl in lieu of popcorn—a much healthier alternative!

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| <ul style="list-style-type: none">1 medium head cauliflower, chopped1 teaspoon mild curry powder1 teaspoon finely grated lemon peel¼ teaspoon sea salt1 tablespoon freshly squeezed lemon juice2 tablespoons extra-virgin olive oil or avocado oil | <ul style="list-style-type: none">1. Preheat the oven to 400°F.2. On a large rimmed stainless steel baking sheet, toss together the cauliflower, curry powder, lemon peel, salt, lemon juice, and oil. Roast for 25 to 30 minutes, or until tender. Serve immediately. |
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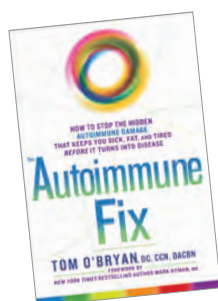
ROSEMARY ROASTED FALL VEGETABLES

Yield: 4-6 servings

Phases
1 & 2

Serve roasted vegetables with baked fish and a large salad, or store them in your refrigerator and use them to top mixed greens. They pair well with leftover salmon and the Citrus-Garlic Dressing.

- 1/2 medium red onion, chopped into large pieces
 - 3 medium carrots, cut into 1/2" rounds
 - 1 pound Brussels sprouts, halved
 - 2 small beets, peeled and chopped
 - 1 small rutabaga, peeled and chopped
 - 2 tablespoons extra-virgin olive oil or avocado oil
 - 2 tablespoons chopped fresh rosemary
 - 1/4 teaspoon sea salt
1. Preheat the oven to 400°F.
 2. On a large rimmed stainless steel baking sheet or in a glass baking dish, toss the onion, carrots, Brussels sprouts, beets, and rutabaga with the oil, rosemary, and salt. Spread the vegetables evenly so they are in a single layer.
 3. Roast for 25 minutes, or until tender. Serve immediately.





SAUTÉED GREENS WITH GARLIC

Yield: 4 servings



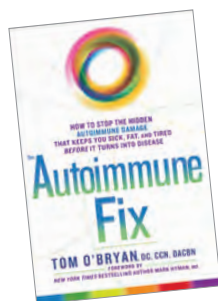
Serve these tasty greens along with baked salmon, roasted lamb, or baked chicken for lunch or dinner or with fried eggs for a filling breakfast. Change the flavor by adding your favorite seasonings. I like to add a few dashes of raw apple cider vinegar and sea salt.

- 1 tablespoon extra-virgin olive oil or virgin coconut oil
- 1 bunch kale, rinsed and chopped
- 1 bunch collard greens, rinsed and chopped
- 1 bunch Swiss chard, rinsed and chopped
- 4–6 cloves garlic, crushed
- ¼–½ cup water

Heat the oil in a 6- or 8-quart pot over medium heat. Add the kale, collard greens, chard, and garlic and cook for a few minutes. Add the water, cover, and cook for 3 to 5 minutes, or until tender. Serve with your choice of optional seasonings to taste.

Optional Seasonings:

- Brown rice vinegar
- Coconut vinegar
- Ume plum vinegar
- Freshly squeezed lemon juice
- Coconut aminos
- Wheat-free tamari
- Sea salt
- Toasted sesame seeds
- Raw apple cider vinegar





BAKED SWEET POTATO FRIES

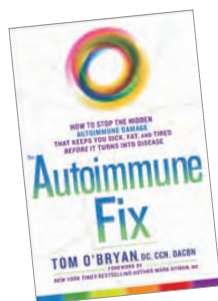
Yield: 4 servings

Phases
1 & 2

For the perfect weeknight meal, serve these tasty baked fries with grass-fed burgers wrapped in lettuce leaves along with a few spoonfuls of Pickled Vegetables on the side. I prefer to use white-fleshed sweet potatoes for this recipe rather than the orange variety; they have a little less moisture and work better as fries.

- 2 ½ pounds white sweet potatoes, peeled
- ½ teaspoon freshly ground black pepper
- ½ teaspoon turmeric powder
- ½ teaspoon garlic powder
- ½ teaspoon sea salt
- 3–4 tablespoons extra-virgin olive oil or avocado oil

1. Preheat the oven to 400°F.
2. Cut the sweet potatoes into ½"-thick strips that are about 4" long. Place on a large rimmed stainless steel baking sheet. In a small bowl, mix together the pepper, turmeric, garlic powder, and salt. Sprinkle evenly over the potatoes. Add the oil and toss to coat.



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SPRING DETOX SALAD

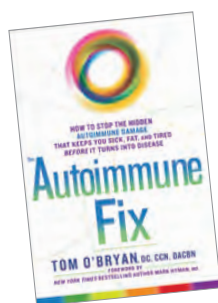
Yield: 4 servings



This is my go-to salad for the week. I prepare it on the weekend and keep it in my refrigerator so I can use it as the base for salads throughout the week. Top it with leftovers like baked salmon or roasted chicken. Add some finely chopped avocado and walnuts for a heartier salad. Pour your favorite dressing into a small jar and dress your salad just before serving. I like to use the Raspberry-Lemon Vinaigrette, but any of the other dressings would be delicious.

- 6 cups mixed organic baby greens
- 2 cups baby arugula
- 1 cup chopped dandelion greens
- 1 bunch radishes, chopped
- ½ pound sugar snap peas, chopped
- 1 cup pea shoots
- ½ cup snipped fresh chives

In a large bowl, toss together the baby greens, arugula, dandelion, radishes, peas, pea shoots, and chives. Serve with your favorite dressing. Extra salad can be stored in a loosely covered container in the refrigerator for up to 5 days.





WARM QUINOA, KALE, AND CHICKEN SALAD

Yield: 4 servings

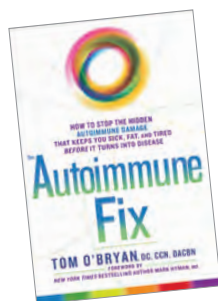


Pack this comforting warm grain salad in a thermos for your lunch. Quinoa is an ancient pseudo-grain—a seed related to spinach and beets that resembles a grain—originating in the Andes of South America. You can find it at your local health food store.

1 ½ cups dry quinoa
2 ½ cups water or chicken stock
3 tablespoons extra-virgin olive oil
1 cup finely chopped onion
½ teaspoon sea salt
2–3 teaspoons mild curry powder
4 cups finely chopped kale
2–3 cups cooked, chopped chicken
¼ cup currants (see Note)
1–2 tablespoons freshly squeezed lemon juice

1. Rinse the quinoa well under warm water in a fine-mesh strainer. Place it in a 2-quart stainless steel pot and add the water or stock and a pinch of salt. Cover and bring to a boil, then reduce the heat to low and cook for 20 minutes.
2. Heat the oil in a 6-quart pot or a deep 11" skillet over medium heat. Add the onion and salt and cook for 7 minutes, or until soft. Stir in the curry powder. Add the cooked quinoa, kale, chicken, currants, and lemon juice. Stir together and cook for a few minutes, or until the kale has softened. Taste and adjust the salt and seasonings, if desired.

NOTE: Include the currants if FODMAPs are okay with your digestion; otherwise omit.



SALAD DRESSINGS





CREAMY ORANGE-GINGER DRESSING

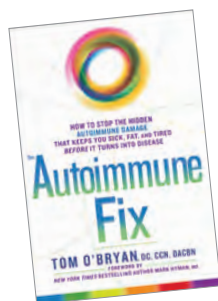
Yield: about 1 ½ cups



Use this creamy orange-flavored dressing to top just about any salad. I like it tossed with chopped napa cabbage, scallions, and mung bean sprouts.

- 1 medium orange, peeled and seeded
- 2–3 teaspoons chopped fresh ginger
- ¼ cup creamy almond butter
- 3 tablespoons organic brown rice vinegar
- 1 teaspoon raw honey
- ¼ teaspoon sea salt
- 6 tablespoons extra-virgin olive oil

In a blender, combine the orange, ginger, almond butter, vinegar, honey, and salt. Blend on high speed until smooth. Slowly add the oil while the blender is running on low speed. Pour into a glass jar and store in the refrigerator for up to 10 days.





RASPBERRY-LEMON VINAIGRETTE

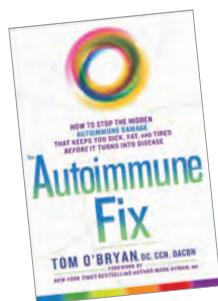
Yield: about $\frac{3}{4}$ cup



This vinaigrette recipe works well as a marinade for chicken. It also serves wonderfully as a dressing for a quinoa-vegetable salad or any green salad.

- 6 tablespoons extra-virgin olive oil
- $\frac{1}{4}$ cup mashed raspberries
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons champagne vinegar
- 1 teaspoon raw honey
- $\frac{1}{4}$ teaspoon sea salt

In a glass jar, combine the oil, raspberries, lemon juice, vinegar, honey, and salt. Cover tightly with a lid and shake to combine. Store in the refrigerator for up to 10 days. Place the jar in a dish of hot water to thin the oil before serving.





CITRUS-GARLIC DRESSING

Yield: about 1 cup

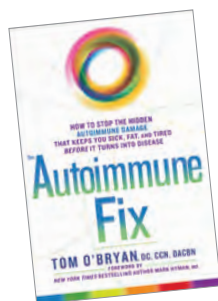


Top your favorite salad with this dressing high in vitamin C. It pairs well with spicy greens such as arugula.

- 6 tablespoons extra-virgin olive oil
- ¼ cup freshly squeezed orange juice
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons freshly squeezed lime juice
- 1 clove garlic, crushed
- 2 teaspoons finely grated orange peel
- ½ teaspoon finely grated lemon peel
- ½ teaspoon finely grated lime peel
- ½ teaspoon sea salt

In a glass jar, combine the oil, citrus juices, garlic, citrus peels, and salt. Cover tightly with a lid and shake to combine. Store in the refrigerator for up to 10 days. Place the jar in a dish of hot water to thin the oil before serving.

TIP: Use a Microplane grater to finely grate the citrus peel before you squeeze the juice out.





CREAMY CHIPOTLE-LIME DRESSING

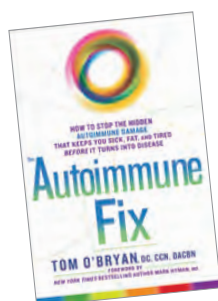
Yield: about 1 cup



Serve this dressing over a salad of crunchy romaine lettuce, avocado, black beans, and toasted pumpkin seeds. I also like to serve it tossed with shredded cabbage, such as the Chipotle Cabbage Slaw.

- ½ cup raw cashews
- ½ cup water
- 1–2 tablespoons freshly squeezed lime juice
- ¼ cup extra-virgin olive oil
- 1 clove garlic, peeled
- ¼–½ teaspoon chipotle chili powder
- ½–1 teaspoon sea salt
- Small handful of fresh parsley or cilantro

1. In a high-powered blender, combine the cashews, water, lime juice, oil, garlic, chili powder, and salt. Blend until smooth and creamy. Add the parsley or cilantro and blend on low speed to mince and combine. If you don't own a high-powered blender, soak the cashews in water in a small bowl for about 3 hours. Then drain and follow the instructions above, using a standard blender.
2. Pour into a glass jar and serve or store in the refrigerator for up to a week.



MAIN DISHES





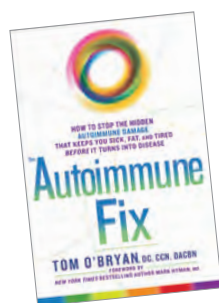
BASIC ROASTED CHICKEN

Yield: 4 servings



Consider preparing this basic recipe over the weekend so you have precooked chicken in your refrigerator for quick meals and salads throughout the week. The cooked chicken can be used as a main dish or to top salads, or in recipes such as Warm Quinoa, Kale, and Chicken Salad; Chicken, Squash, and Leek Soup; and Chicken Salad Lettuce Wraps.

- 1 whole organic chicken (3–4 pounds) separated into parts, or 2 organic bone-in chicken legs and 2 organic bone-in chicken breasts
- 2–3 tablespoons extra-virgin olive oil
- ¼–½ teaspoon sea salt
- ¼ teaspoon garlic powder
- Freshly ground black pepper
1. Preheat the oven to 375°F. Place the chicken pieces in a 13" × 9" glass baking dish. Drizzle with the oil, then evenly sprinkle on the salt, garlic powder, and a few pinches of pepper.
2. Roast, uncovered, for 60 minutes, or until a thermometer inserted into the thickest portion registers 170°F and the juices run clear. Use in recipes as desired. Cooked chicken can be stored in a covered glass container in the refrigerator for up to a week. Save the bones and skin for the Slow-Cooker Chicken Stock recipe.





CHICKEN SALAD LETTUCE WRAPS

Yield: 2 servings

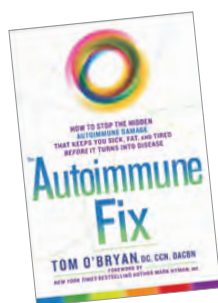


For the chicken in this recipe, I like to use a leftover chicken breast from a whole organic chicken I have previously roasted. Be sure to use naturally fermented pickles, which have only a few ingredients: cucumbers, pickling spice, salt, and water—no vinegar!

Bubbies is the brand of pickles we like to use. We also highly recommend Primal Kitchen Mayo.

- 1 ½ cups cooked, chopped chicken breast
- ½ cup finely chopped celery
- ½ cup finely chopped pickles
- ¼ cup finely chopped carrots
- ¼ cup finely chopped fresh parsley
- 1–2 scallions, sliced into thin rounds
- ¼ cup mayonnaise
- Sea salt and freshly ground black pepper
- Butter lettuce leaves, rinsed and patted dry

In a large bowl, combine the chicken, celery, pickles, carrots, parsley, scallions, and mayonnaise. Mix well. Season to taste with salt and pepper. Place a scoop of the chicken salad onto a lettuce leaf and serve. Store leftover salad in the refrigerator for up to 3 days.





SLOW-COOKER BARBECUED CHICKEN

Yield: about 6 servings

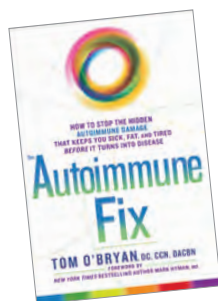
Phase
I

This recipe can be assembled in a snap before you head to work in the morning. When you get home, bake some sweet potatoes and toss together a salad—you'll have a beautiful, nourishing meal. I like to scoop the shredded barbecued chicken into a sweet potato for serving.

- 1 small onion, sliced
- 1 jar (7 ounces) tomato paste (about $\frac{3}{4}$ cup)
- 1 cup water
- 2 tablespoons raw honey or pure maple syrup
- 2 tablespoons raw apple cider vinegar
- 2–3 teaspoons blackstrap molasses
- 2–3 cloves garlic, crushed
 - 1 tablespoon smoked paprika
 - $\frac{1}{2}$ teaspoon chipotle chili powder
- 1–2 teaspoons sea salt
- 3 pounds pasture-raised boneless, skinless chicken breasts

In a 4-quart slow cooker, combine the onion, tomato paste, water, honey or maple syrup, vinegar, molasses, garlic, paprika, chili powder, and salt. Mix well. Add the chicken. Cover and cook on low for 8 hours. Using 2 forks, gently shred the chicken. Cook the shredded chicken for 30 minutes. Serve with baked sweet potatoes.

Leftover barbecued chicken can be frozen in small containers for future use or refrigerated for up to 5 days.





COCONUT-CRUSTED FISH STICKS

Yield: 4 to 6 servings

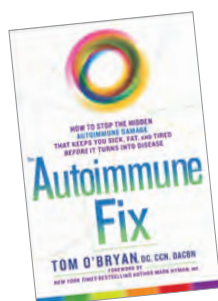
Phases
1 & 2

Serve fish sticks with one of our salad recipes and a baked sweet potato. When you purchase the fish at the market, have the fishmonger remove the skin.

- 1½–2 pounds halibut, skin removed
- ½ cup arrowroot powder
- 4–6 tablespoons water
- 1 teaspoon Herbamare or sea salt
- ½ teaspoon freshly ground black pepper
- 1 teaspoon dried thyme
- 2 cups unsweetened shredded coconut
- 3–4 tablespoons coconut oil

NOTE: Herbamare is an organic seasoning made from fresh herbs and vegetables and blended with natural sea salt.

1. Rinse the halibut, then cut into “sticks” about ½" wide and 3" long.
2. In a bowl, whisk together the arrowroot, water, Herbamare or salt, pepper, and thyme. Place the coconut in a separate bowl.
3. Begin heating an 11" or 12" skillet over medium-high heat. While the skillet is heating, dip the fish sticks into the arrowroot mixture and coat evenly. Then dip the fish in the coconut, using your hands to press the coconut into the fish to ensure an even coating.
4. Add 2 tablespoons of the oil to the hot skillet. (The pan is hot enough when the oil spreads out quickly.) Add the fish sticks in batches so they don't overcrowd the pan. Cook for 4 to 6 minutes, turning once with tongs, or until the fish flakes easily. Timing may differ depending on the thickness of the fish. The fish will continue to cook once removed from the pan. Check doneness by breaking apart the thickest piece with a fork. Add the remaining oil as needed to the skillet and cook the remaining fish sticks.





ITALIAN MEATBALLS & SPAGHETTI SQUASH NOODLES



Yield: 4 to 6 servings

This recipe is a spin on a traditional favorite, but without the tomatoes and wheat noodles. It's important to use a good-quality homemade stock in this recipe, as most of the store-bought varieties of beef stock—even the organic brands—use caramel coloring, which can contain gluten.

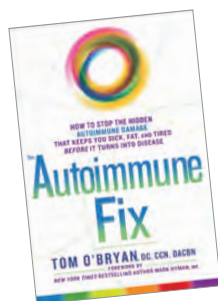
Meatballs

- 2 pounds grass-fed organic ground beef
- 1 cup grated carrots (firmly packed)
- ½ cup finely chopped scallions
- ½ cup finely chopped fresh parsley
- 2 large organic eggs, whisked
- 1 tablespoon Italian seasoning
- 1 teaspoon sea salt
- ½ teaspoon freshly ground black pepper
- ½ teaspoon garlic powder
- 2–3 teaspoons extra-virgin olive oil

Sauce

- 3 cups Slow-Cooker Chicken Stock
- 3 tablespoons arrowroot powder
- 1–2 teaspoons dried thyme
- Sea salt and freshly ground black pepper
- 1 medium spaghetti squash (about 3 pounds), cut in half lengthwise and seeded

1. Preheat the oven to 400°F.
2. To make the meatballs: In a large bowl, combine the beef, carrots, scallions, parsley, eggs, Italian seasoning, salt, pepper, and garlic powder. Mix well using your hands or a large spoon. With oiled hands, form the mixture into 2" meatballs and place on 2 plates. You should have 12 to 18 meatballs.
3. Heat a large cast-iron skillet over medium heat. Add 1 to 2 teaspoons of the oil to the pan. Cook the meatballs in batches for a few minutes on all sides, then transfer to a 13" × 9" glass baking dish (they won't be cooked through at this point). Repeat with the remaining oil and meatballs.
4. To prepare the sauce: In a large bowl, whisk together the stock, arrowroot, thyme, and salt and pepper to taste. Pour the sauce into the hot skillet used to cook the meatballs, return the skillet to the stove top, and whisk over medium heat until clear and thickened. Pour the sauce over the meatballs and bake, uncovered, for 40 to 45 minutes, or until no longer pink.
5. Place the spaghetti squash cut side down in another glass baking dish. Add a little water to the bottom of the dish and bake, uncovered, for 45 to 50 minutes. Scoop out the squash "noodles" with a spoon. Spaghetti squash naturally separates into noodles. Serve the meatballs and sauce over the noodles. Leftover meatballs, sauce, and squash can be frozen in individual serving size containers for later use.





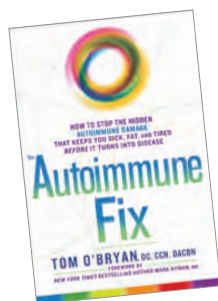
LEMON-GINGER SALMON

Yield: 6 servings



When shopping for salmon, be sure to purchase wild-caught fish. Farmed salmon often contains high levels of PCBs, which can increase the risk for diabetes, obesity, and insulin resistance. Serve salmon with some sautéed zucchini and a large green salad dressed with Citrus-Garlic Dressing.

- 2 pounds wild salmon fillets
 - 3 tablespoons freshly squeezed lemon juice
 - 1 tablespoon raw honey
 - 1 tablespoon toasted sesame oil
 - 1 tablespoon arrowroot powder
 - 1 clove garlic, crushed
 - 1–2 teaspoons finely grated fresh ginger
 - ½ teaspoon finely grated lemon peel
 - ½ teaspoon sea salt
1. Rinse the salmon fillets and place them skin side up in a small glass baking dish. In a small bowl, whisk together the lemon juice, honey, oil, arrowroot, garlic, ginger, lemon peel, and salt. Pour over the salmon. Cover and marinate at room temperature for 30 minutes or refrigerate and marinate for up to 2 hours. Drain off most of the marinade and flip the salmon fillets over so they are skin side down.
 2. Preheat the oven to 400°F. Bake the salmon for 10 minutes per inch of thickness, or until the fish is opaque. A thin fillet such as coho might need 10 minutes, while a thick king salmon fillet might need 20 minutes. Fish will continue to cook after it comes out of the oven, so be careful not to overcook.





ROASTED CHICKEN WITH SWEET POTATOES & FIGS

Yield: 4 to 6 servings

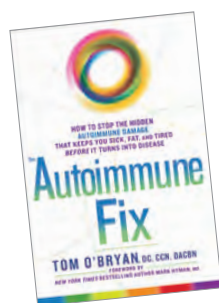


Add ½ cup of organic white wine to the bottom of the pan when you add the water for even more flavor. If you don't use all of the pan juices, save them and add to your homemade Slow-Cooker Chicken Stock with the bones. Serve this chicken with a large green salad tossed with Raspberry-Lemon Vinaigrette.

- 1 whole organic chicken (3 ½–4-pounds)
- 2 ½ pounds sweet potatoes, peeled and cut into large pieces (see Note)
- ½–1 cup dried black Mission figs (see Note)
- 3 tablespoons extra-virgin olive oil, divided
- 1 teaspoon dried thyme
- 1 teaspoon dried marjoram
- 1 teaspoon dried rosemary
- ½–1 teaspoon sea salt
- Freshly ground black pepper
- ½ cup finely chopped onion
- 1 cup water

NOTE: Include the sweet potatoes and figs if FODMAPs are okay with your digestion; otherwise omit.

1. Preheat the oven to 425°F.
2. Place the chicken in the center of a 13" × 9" glass baking dish. In a bowl, toss together the sweet potatoes, figs, and 2 tablespoons of the oil. Add to the pan around the chicken. Drizzle the remaining 1 tablespoon oil over the chicken. Sprinkle the thyme, marjoram, rosemary, salt, and pepper to taste over the chicken and sweet potatoes.
3. Place the chopped onion into the cavity of the chicken. Add the water to the pan.
4. Roast, uncovered, for 25 minutes, then reduce the heat to 325°F and roast for 1 hour, or until a thermometer inserted in a breast registers 180°F and the juices run clear. Let stand for 10 minutes before carving.
5. Transfer the sweet potatoes and figs to a serving bowl. Place the chicken on a carving board and slice. Pour the pan juices into a gravy boat and serve alongside the meat and vegetables.





HEALTHY TREATS

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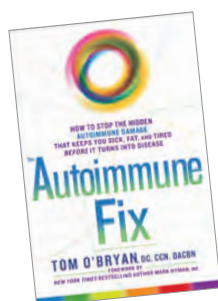
NO-COOK CHOCOLATE CUSTARD

Yield: 6 servings

Phases
1 & 2

This recipe is perfect for the days when you are craving something rich, creamy, and chocolatey.

- | | |
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| <ul style="list-style-type: none">1 can (13.5 ounces) organic coconut milk1 tablespoon unflavored pastured gelatin powder¼ cup organic raw cacao powder2–3 tablespoons pure maple syrup2 teaspoons pure vanilla extractFresh organic raspberries or strawberries, for garnish | <ul style="list-style-type: none">1. In a blender, combine the coconut milk, gelatin powder, cacao, maple syrup, and vanilla. Blend to combine, then let the mixture rest in the blender for 5 minutes to soften the gelatin. Blend again on high speed for at least a minute, or until ultra-smooth.2. Pour into 6 ramekins or small bowls and refrigerate for at least 30 minutes to set. Serve garnished with fresh berries. Cover any uneaten custard bowls and store in the refrigerator for up to a week. |
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CHEWY SPICE COOKIES

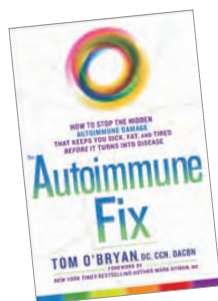
Yield: 10-12 cookies



This recipe uses an alternative baking flour called TigerNut flour—it's grain- and nut-free, making it the perfect flour to use in gluten-free treats. TigerNut flour is made from small tubers that are high in resistant starch—a type of prebiotic fiber that feeds the beneficial bacteria in our guts. You can buy this flour on the Internet or at a local health food store.

- 8 pitted medjool dates
(about ½ cup firmly packed)
- ¼ cup virgin coconut oil
- 1 large egg
- 1 teaspoon pure vanilla extract
- 1 cup TigerNut flour (firmly packed)
- 1 ½ teaspoons ground cinnamon
- ½ teaspoon ground ginger
- ½ teaspoon baking soda
- ¼ teaspoon sea salt

1. Preheat the oven to 350°F. Line a baking sheet with unbleached parchment paper.
2. In a food processor fitted with the standard S blade, combine the dates, oil, egg, and vanilla. Process until the mixture is very smooth and pureed. Add the flour, cinnamon, ginger, baking soda, and salt and process again to combine.
3. Drop the dough by heaping tablespoonfuls onto the baking sheet. You should have 10 to 12 cookies. Using wet hands, gently flatten each one.
4. Bake for 10 minutes, or until the edges are crispy. Let cool for 5 to 10 minutes on the baking sheet before transferring to a plate to cool completely.





CHOCOLATE ALMOND APRICOT BARS

Yield: about 20 bars

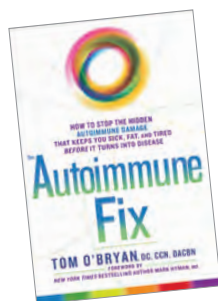


Before you begin Phase 1, make a batch of these bars and stash them in your freezer. When you feel a craving coming on for sugar or chocolate, one of these bars will satiate your desire. Instead of “empty calorie” chocolate candy, this recipe offers healthy fats and protein from the almonds, healthy fiber from the dried apricots that feeds beneficial bacteria in your gut, and an array of powerful antioxidants in the organic bittersweet chocolate. I think of these as superfood bars. They can be enjoyed on Phase 2, as long as you are able to eat FODMAPs.

- 1 cup raw almonds
- 1 cup dried apricots (unsulfured)
- 3 ounces organic bittersweet chocolate
- 2 tablespoons virgin coconut oil
- 2 tablespoons raw honey
- 1 teaspoon raw vanilla powder
- Pinch of sea salt

TIP: Many chocolate companies process their chocolate on equipment that also processes gluten. Be sure to buy an organic bittersweet chocolate bar from a gluten-free company. We like to use Dagoba bars in this recipe. They are also divided into 1-ounce portions, making it easy to cut the amount you need from the bar.

- 1. Line a 9" × 5" glass bread pan with unbleached parchment paper.
- 2. Place the almonds in a food processor fitted with the standard S blade and process until coarsely ground. Add the apricots and process until both are finely ground.
- 3. In a small saucepan, melt the chocolate and oil over very low heat. Pour over the almond mixture in the food processor, using a silicone spatula to scrape every last bit of chocolate goodness out of the pan. Add the honey, vanilla powder, and salt to the food processor. Process again to combine the ingredients.
- 4. Transfer the mixture to the prepared pan. Firmly and evenly press it into the pan. Freeze for 1 hour, or until the mixture is hard to the touch. Remove from the pan, peel off the parchment, and cut into bars with a large, sharp knife. Store in a stainless steel container in the freezer for up to 6 months.





FERMENTED FOODS





PICKLED VEGETABLES

Yield: 1 quart



To make this recipe, you'll need a widemouthed quart jar with a lid or a 1-liter latch-lid jar.

1½–2 teaspoons whole black peppercorns

Handful of fresh dill

1 cup finely chopped carrots

1 cup finely chopped radishes

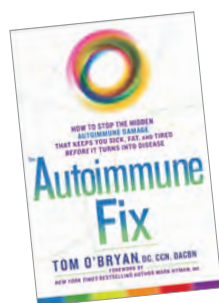
1 cup finely chopped green beans

1 tablespoon sea salt

2 cups filtered water

1 green cabbage leaf

1. Place the garlic and peppercorns in the bottom of a widemouthed quart jar or a 1-liter latch-lid jar. Place the dill on top of that. Add the carrots, radishes, and beans, packing them down as you go, until they are 12" to 1" from the top of the jar.
2. In a small bowl, whisk together the salt and water until dissolved. Pour the brine solution over the vegetables until they are completely submerged. Fold up the cabbage leaf and press it into the vegetables so it fits under the lip of the jar. This will help keep the vegetables submerged, which is essential for proper fermentation. You could alternatively use a glass weight or boiled rock.
3. Cover the jar tightly with the lid and store in a location away from direct sunlight. "Burp" the jar every day once bubbles start forming, usually by day 2. Do this by slightly unscrewing the lid (or unlatching it) to release the gases and then screwing it back down. Fermentation should take 5 to 10 days, depending on the temperature of your house. The warmer it is, the shorter the fermentation time. Check the vegetables after 5 days. They should be sour and crispy.
4. Once the vegetables have fermented to your liking, place the jar in the refrigerator and store for up to 6 months. They will keep fermenting while in the refrigerator, but at a much slower rate.





HOMEMADE RAW SAUERKRAUT

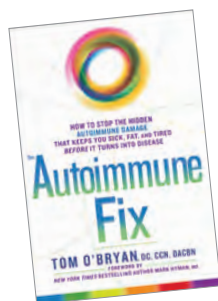
Yield: 1 quart



Making your own sauerkraut is surprisingly easy. All you need is a widemouthed quart Mason jar, a wooden kraut pounder, cabbage, and some good sea salt. You may want to make a double or triple batch—once the sauerkraut is fermented, it will keep in the refrigerator for quite some time. When preparing this recipe, it's important to maintain the right cabbage-to-salt ratio. If you are doubling the recipe, use 5 pounds of cabbage and 3 tablespoons of sea salt.

2 ½ pounds cabbage
1 ½ tablespoons sea salt

1. Remove the outer 2 leaves from the cabbage and reserve 1 leaf. Cut the core out of the bottom of the cabbage and discard. Then cut the cabbage into pieces. Use a food processor fitted with the slicing blade to quickly and easily slice the cabbage. If you don't have a food processor, use a sharp knife to thinly slice the cabbage.
2. Place the sliced cabbage in a large bowl and sprinkle with the salt. Toss together, then let stand for 10 minutes. Use a wooden kraut pounder or meat hammer to pound the cabbage for 5 to 10 minutes, or until the juices have released. Using clean hands, place the cabbage in a widemouthed quart jar, firmly pressing down with the kraut pounder so there are no air bubbles. This recipe should fill 1 quart jar to the top. Press the cabbage down so the juices rise to the top of the jar. If there are not enough juices to completely cover the cabbage, whisk together ½ cup purified water with ½ teaspoon sea salt and pour over the cabbage. Press the reserved cabbage leaf into the cabbage. Screw on the lid and place the jar on a towel or in a pie plate to catch juices that may leak out.
3. Keep the jar on your kitchen counter away from direct sunlight. Let it ferment for 5 to 10 days, then place in the refrigerator, where it will keep for up to 6 months.





COCONUT-CHERRY PROBIOTIC SODA

Yield: 3 $\frac{3}{4}$ cups



This recipe is an excellent way to consume gut-healing probiotics in a tasty drink. Kids love it! If you can't find the Body Ecology kefir starter in your local health food store, you can order it online at bodyecology.com.

- 3 cups coconut water
- $\frac{3}{4}$ cup organic tart cherry juice
- 1 packet Body Ecology kefir starter

1. In a small saucepan, warm the coconut water and cherry juice over low heat until it nearly reaches 92°F. If it gets any hotter, the bacteria in the starter will die. The liquid should feel neutral to the touch—not too cold or hot. Pour it into a glass quart jar, add the kefir starter, and screw on the jar lid. Gently shake to combine.
2. Set the jar in a warm spot in your kitchen, ideally around 70°F, to ferment for 24 to 48 hours. It will ferment faster in a very warm kitchen, but in a cool kitchen (in the middle of winter), it may take longer than 48 hours. The beverage is done when it becomes less sweet and slightly bubbly. For a very bubbly “soda,” you can pour it into a latchlid bottle and let it sit on your counter for an additional day or two. Be careful when opening the lid, as pressure from the fermentation gases can build up.

